

NAVAL BASE CORONADO



SAF-T-LINES



OCTOBER 2006



FIRE PREVENTION MONTH



More than 4,000 Americans die each year in fires and approximately 20,000 are injured. An overwhelming number of fires occur in the home. There are time-tested ways to prevent and survive a fire. It's not a question of luck. It's a matter of planning ahead.

PREVENT = Fire Safety

Plan Ahead. Map two escape routes from each bedroom - the normal exit and another exit through a door or a window. Install escape ladders for the second floor. Practice opening windows and fix jammed windows immediately. Always close bedroom doors while sleeping. *Reason:* It only takes fire 10 to 15 minutes to burn through a wooden door.

Realize the Danger of Smoke. It only takes one or two minutes to succumb to smoke inhalation. Smoke and heat rise, so instruct family members to drop on hands and knees and crawl to the nearest exit. Test all closed doors before opening them. If a door is hot, don't open it. Stuff the cracks with towels or clothing and cover vents to keep out smoke. Use your alternate escape route instead.

Establish a Safe Meeting Place. Find a place for all family members to meet once outside the house, such as a neighbor's driveway or across the street. If someone is missing, alert the fire department, but never re-enter the burning building.

Visit Your Plan Often. Practice, practice, practice. Set off a smoke alarm and go through the drill, doing exactly what you would do during a real fire.

Exit Safely. Purchase fire ladders for the second floor, or instruct children to use an adjacent porch or roof to wait for the fire department. **TIP:** If you have to jump, jump feet first. If you live in an apartment, never use an elevator to escape fire.

Never Stop to Collect Your Valuables. Save yourself. You and your family can't be replaced.

Take Care of Those Who Can't Help Themselves. Make plans for helping infants, young children, disables or elderly people. Explain to your children not to hide when fire occurs.

Check Your Smoke Detector and Carbon Monoxide Detector

October is Fire Prevention Month and it is the perfect time for you to change the batteries in your smoke detectors and carbon monoxide (CO) detectors. If you do not have these devices installed in your home, now would be a good time to purchase them. Both smoke and carbon monoxide detectors provide you with a high level of safety for your home. These devices can be purchased at most mass retailers and local hardware or home centers for a reasonable cost. Isn't your life or the ones you love worth a few dollars? Smoke detectors and CO detectors should be installed, at a minimum, adjacent to each sleeping area. Ideally you should install a smoke detector in each bedroom, in hallways and basement areas of your home.

Prevent Electrical Fires

Never overload circuits or extension cords. Do not place cords and wires under rugs, over nails or in high traffic areas. Immediately shut off and unplug appliances that sputter, spark or emit an unusual smell. Have them professionally repaired or replaced.

Use Appliances Wisely

Follow the manufacturer's safety precautions when using appliances. Overheating, unusual smells, shorts and sparks are all warning signs that appliances need to be shut off, then replaced or repaired. Unplug appliances when not in use. Use safety caps to cover unused outlets, especially if there are small children in the home.

Alternate Heaters

- Portable heaters need their space. Keep anything combustible at least three feet away.
- Keep fire in the fireplace. Use fire screens and have your chimney cleaned annually. The creosote buildup can ignite a chimney fire that could easily spread.
- Kerosene heaters should be used only where approved by authorities. Never use gasoline or camp-stove fuel. Refuel outside and only after the heater has cooled.

Affordable Home Fire Safety Sprinklers

When home fire sprinklers are used with working smoke alarms, your chances of surviving a fire are greatly increased. Sprinklers are affordable – they can increase property value and lower insurance rates.



Halloween Safety Tips

October 31st is a night celebrated by thousands of children dressed up as ghouls, goblins, princesses, cartoon characters, action heroes and many other themes. These are several safety tips and general practices that can help ensure the safety of young ones on this night.



When buying costumes, make sure they are flame retardant so children aren't put in harms way. While dressing children in costumes make sure the costumes are short enough to prevent them from tripping. If at all possible, use make up instead of masks to help children see where they are walking. If the costume is dark, put reflective tape on the costume and have your child carry a flashlight or glow stick so they are visible in the dark. Make sure children are supervised by an adult while out in the neighborhoods. Always make sure you leave the houses with the same number of children you arrived with.

If you are the recipient of trick-or-treaters at your house, make their travel to your door safe from open flames and objects that may catch their costumes. Have your porch light on and any other lighting you may have in your yard. If you pass out candy, inspect it before the trick-or-treaters start arriving. Make sure wrappers are sealed. Any candy with open or torn wrappers should be kept out of the goodie bowl. Make sure pets are kept away from where the trick-or-treaters will be received at your house.

Taking a few extra minutes to use the tips mentioned above will help ensure children have a safe and fun Halloween night.

**NBC Occupational Safety and Health Office wishes
you and your family a happy and safe *Halloween*.**

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 3 October, 7 November, and 5 December 2006
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

RESPIRATOR TRAINING CLASS

Date: 4 October, 8 November and 6 December 2006
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
Respiratory Protection program (Users) - 1300-1430
Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

FASOTRAGRUPAC	03 OCT
AMPHIBIOUS CONSTRUCTION BATTALION ONE (ACB-1)	05 OCT
NAVAL BEACH GROUP ONE (NBG-1)	11 OCT
NAVAL UNDERSEA WARFARE CENTER (NUWC)	12 OCT
AIMD	18 OCT
NAVAL AIR FORCE PACIFIC FLEET	31 OCT
WEAPONS DEPARTMENT	21 NOV

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678 RM 227.

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.